



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09073, Cherries, sweet, canned, light syrup pack, solids and liquids**

**Report Date: June 30, 2017 00:15 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:8% Refuse Description: Pits**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g
<b>Proximates</b>					
Water	g	81.56	--	--	205.53
Energy	kcal	67	--	--	169
Energy	kJ	280	--	--	706
Protein	g	0.61	--	--	1.54
Total lipid (fat)	g	0.15	--	--	0.38
Ash	g	0.38	--	--	0.96
Carbohydrate, by difference	g	17.29	--	--	43.57
Fiber, total dietary	g	1.5	--	--	3.8
Sugars, total	g	15.79	--	--	39.79
<b>Minerals</b>					
Calcium, Ca	mg	9	--	--	23
Iron, Fe	mg	0.36	--	--	0.91
Magnesium, Mg	mg	9	--	--	23
Phosphorus, P	mg	18	--	--	45
Potassium, K	mg	148	--	--	373
Sodium, Na	mg	3	--	--	8
Zinc, Zn	mg	0.10	--	--	0.25
Copper, Cu	mg	0.145	--	--	0.365
Manganese, Mn	mg	0.060	--	--	0.151
Selenium, Se	µg	0.0	--	--	0.0
<b>Vitamins</b>					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g
Vitamin C, total ascorbic acid	mg	3.7	--	--	9.3
Thiamin	mg	0.021	--	--	0.053
Riboflavin	mg	0.041	--	--	0.103
Niacin	mg	0.403	--	--	1.016
Pantothenic acid	mg	0.127	--	--	0.320
Vitamin B-6	mg	0.030	--	--	0.076
Folate, total	µg	4	--	--	10
Folic acid	µg	0	--	--	0
Folate, food	µg	4	--	--	10
Folate, DFE	µg	4	--	--	10
Choline, total	mg	4.1	--	--	10.3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	8	--	--	20
Retinol	µg	0	--	--	0
Carotene, beta	µg	94	--	--	237
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	157	--	--	396
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	57	--	--	144
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.58
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.4	--	--	3.5
<b>Lipids</b>					
Fatty acids, total saturated	g	0.034	--	--	0.086
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 252g
14:0	g	0.001	--	--	0.003
16:0	g	0.024	--	--	0.060
18:0	g	0.008	--	--	0.020
Fatty acids, total monounsaturated	g	0.042	--	--	0.106
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.041	--	--	0.103
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.046	--	--	0.116
18:2 undifferentiated	g	0.023	--	--	0.058
18:3 undifferentiated	g	0.023	--	--	0.058
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0